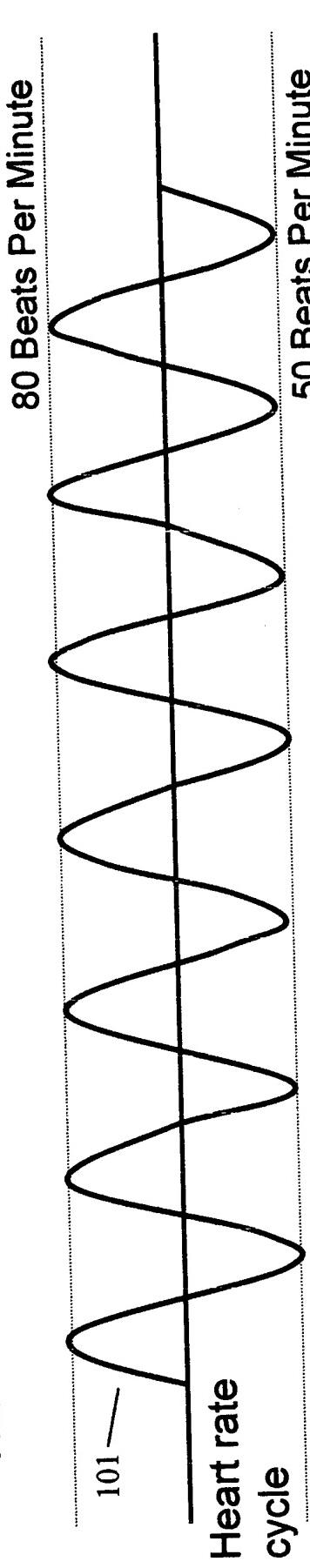
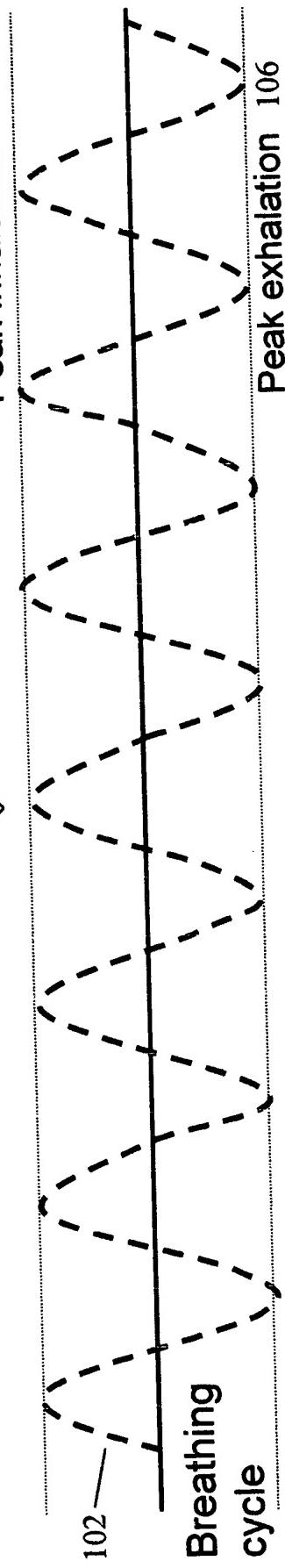


Figure 1

The heart has its own rhythm or tendency toward rhythm.



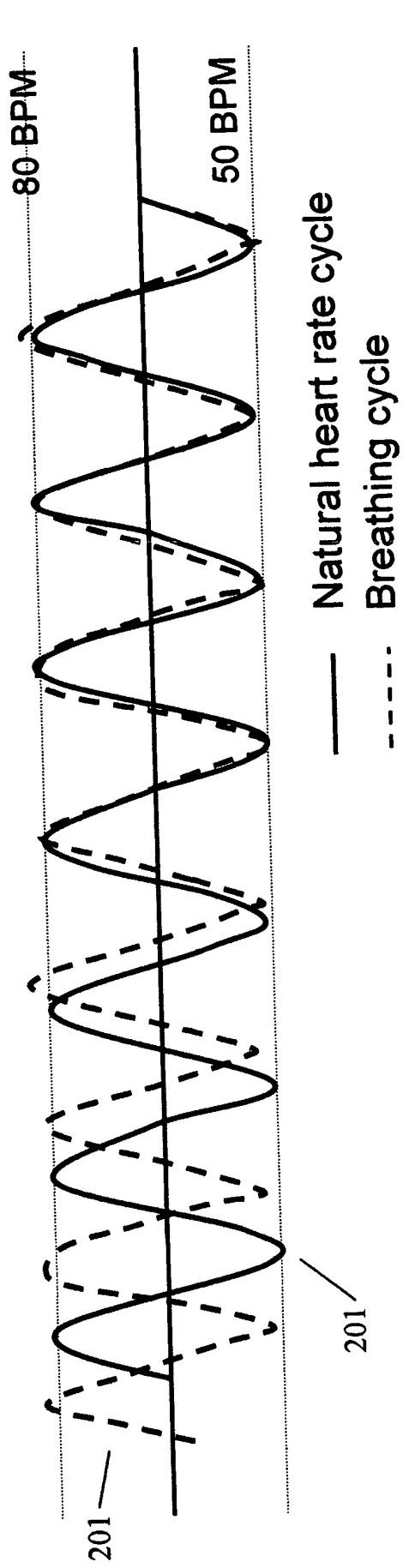
There is a relationship between the heart cycle and the breathing cycle.



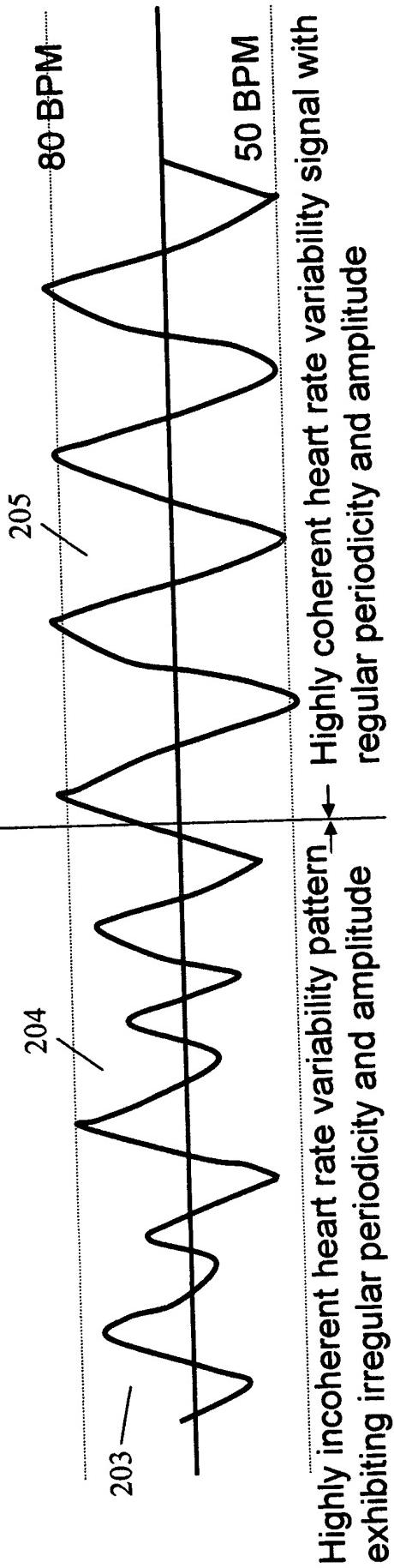
The breathing cycle has a separate but related rhythm. This rhythm can be shorter or longer than the natural heart rhythm and change dramatically with activity, etc.

Figure 2

Depicts the breathing cycle and the natural heart rate cycles moving from misalignment to alignment.



Resultant heart rate variability pattern:



Highly incoherent heart rate variability pattern → Highly coherent heart rate variability signal with regular periodicity and amplitude

Figure 3

Depicts heart rate signal and moment of biofeedback signal generation.

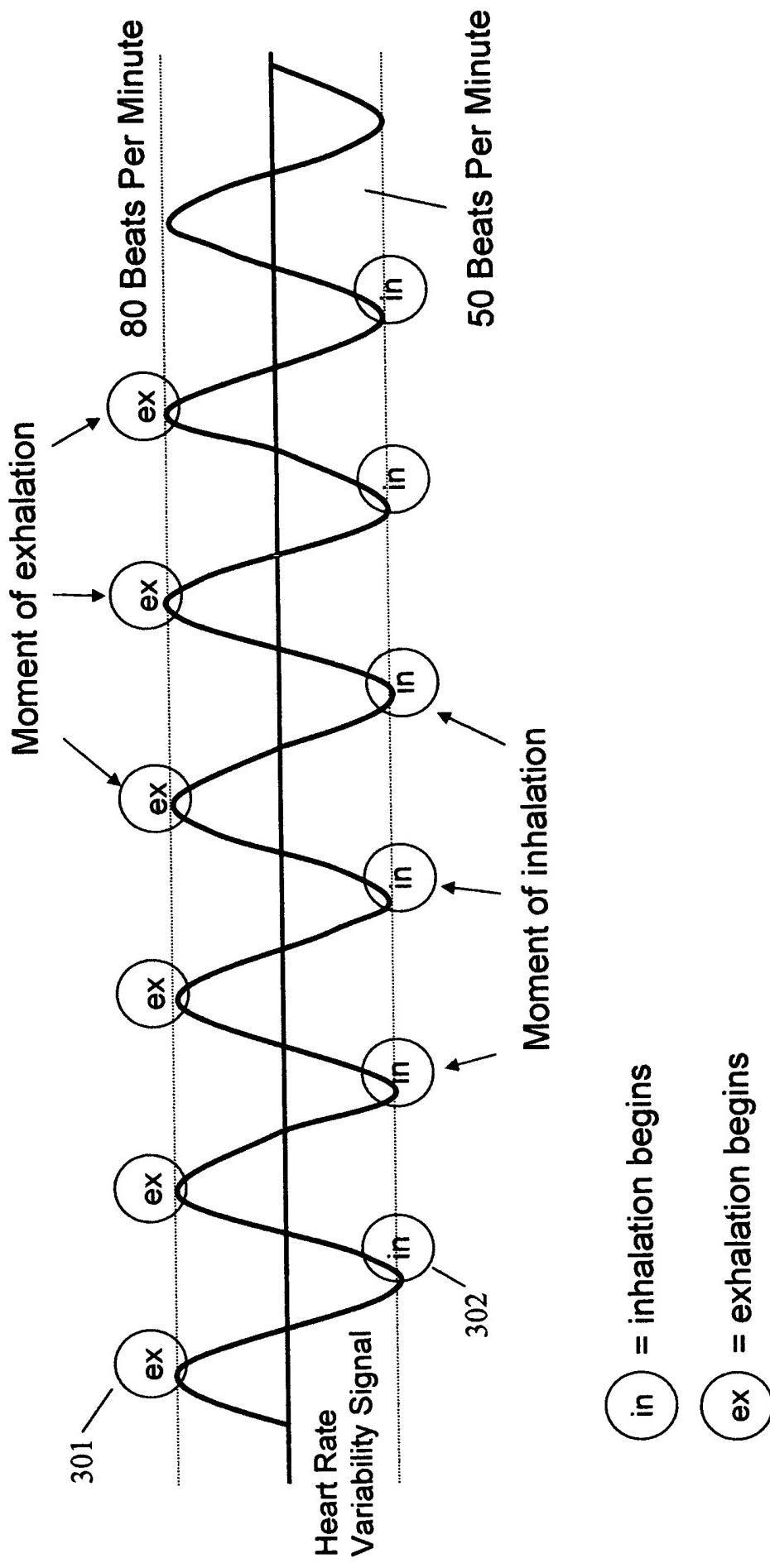


Figure 4

Example of specific criterion for biofeedback signal generation

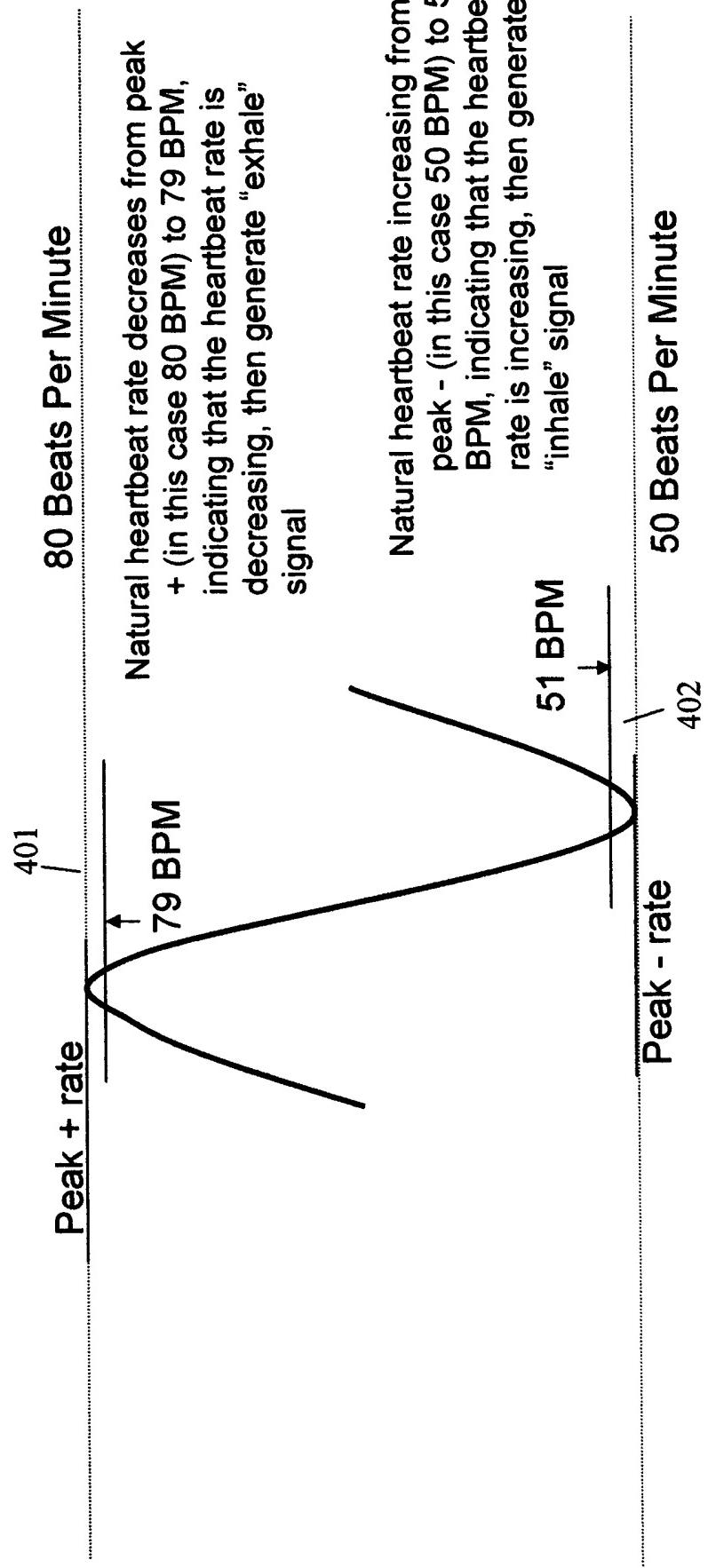


Figure 5
Physical system of preferred embodiment

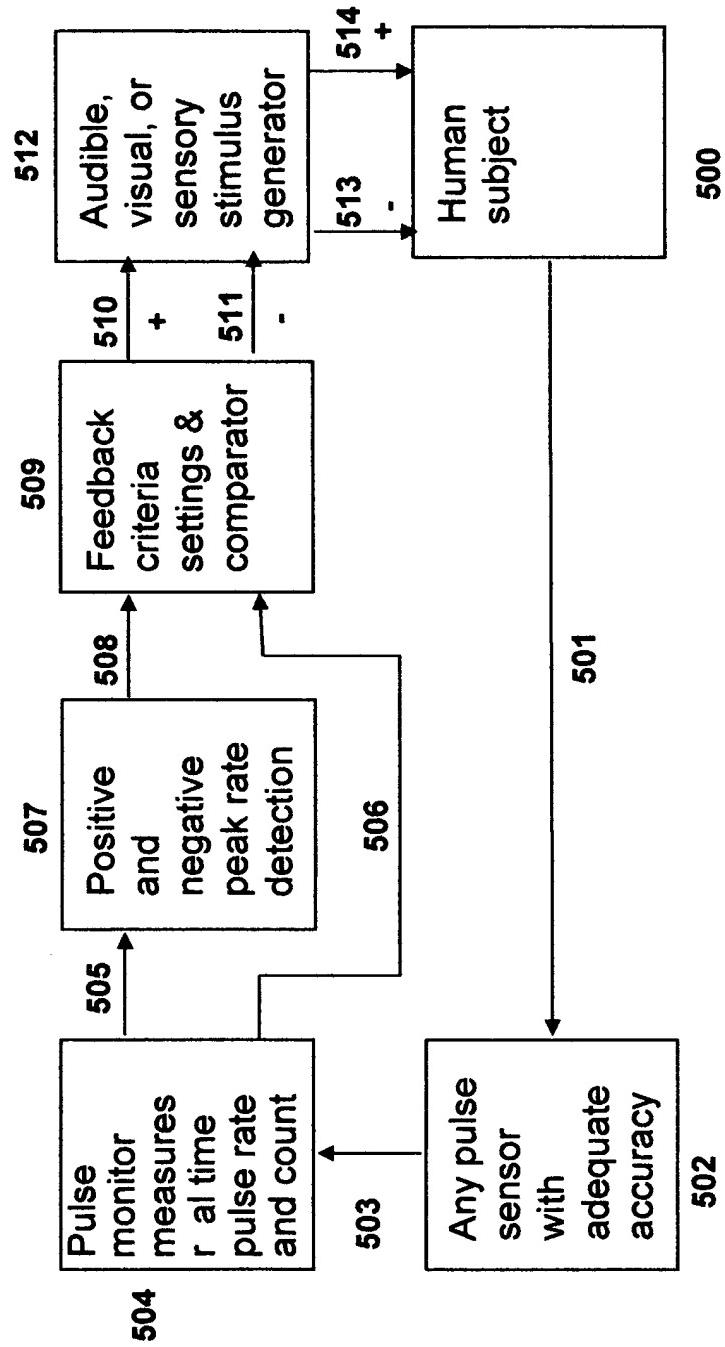


Figure 6

Algorithm of preferred embodiment

